

# REC *Express*

**Fall 2006**

Herndon Community Center 814 Ferndale Avenue, Herndon, Virginia 20170 • 703-787-7300 • [www.herndon-va.gov](http://www.herndon-va.gov)



*The RecExpress highlights just a few of the outstanding programs and events offered by the Herndon Parks and Recreation Department.*

*To discover all the programs and events we offer, view our Fall Quarterly Brochure at [www.herndon-va.gov](http://www.herndon-va.gov) or stop by the Herndon Community Center for a copy.*

## **Turkey Trot**

**Saturday, November 18**  
**Race starts at 4pm**



Packet pick up and race day registration  
2-3:30pm

Long-sleeve t-shirts guaranteed to the first 500 pre-registered runners. Must pick up packet and t-shirt the day of the race. No packets or t-shirts will be available after race day.

**Prizes to 1st and 2nd-place winners in the following age groups:**

10 & under, 11-14, 15-19, 20-29 30-39, 40-49, 50-59, 60-69 and 70 & over.

A turkey and all the trimmings will be given to the overall male and female winners.

Registration forms will be available at the Herndon Community Center beginning Sept. 19. On-line registration available at: [www.active.com](http://www.active.com).

Pre-registration-\$10 and a can of food for donation

Race-Day Registration-Adults \$15 and a can of food for donation

Youth Ages 18 & Under - \$10 and a can of food for donation

All food will be donated to LINK

Sponsored by:

**FOOTSTEPS**  
*Of Reston*  
"We Run this town" ®

## **Join us and celebrate!**

**Rededication Ceremony for the Herndon Community Center**  
**Sunday, October 29, 1:00 p.m.** (Center closed Noon - 1 p.m. for preparation)

Experience all the Herndon Community Center has to offer.

- Tours
- Demonstrations
- Free Admission to the Herndon Community Center from 2 - 8 p.m.
- Entertainment & refreshments
- Giveaways



## **Herndon Community Center - newly renovated**

### **Now Featuring:**

- **Expanded fitness room with new equipment**
- **3 racquetball courts**
- **25-yard indoor heated pool, spa, & sauna**
- **Full-size gymnasium**
- **All new meeting spaces and classrooms**
- **Personal training**
- **6 lighted tennis courts**
- **Classes galore - land and water fitness, swimming, tennis, yoga, dance, art, childcare, and much more.**

### **New! Better Benefits**

Access to all the Herndon Community Center has to offer is now more convenient and more affordable. Passholders receive even more benefits than ever before!

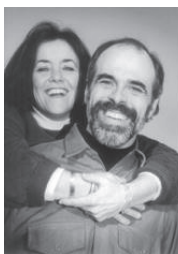
- Daily admission & admission passes now include select land aerobic classes
- Receive a 10% discount on class registration fees if you are an annual pass holder
- Receive three complimentary sessions with our personal fitness trainer if you are an annual or six-month pass holder

Daily admission and admission passes now include select land fitness classes.

**No Initiation Fees or Contracts • Flexible Admission Passes**

## **Children's Series**

### **CROONING WITH THE CRITTERS**



**Monday, October 9, 2006, 10:30am**

Phoenix Worldgate Movie Theatre, Worldgate Drive, Herndon

Tickets: \$4-Advance/\$5-Door

Join Jeannie and Joe from the GoodLife Theater as they travel the world of our imaginations singing about animals in this interactive musical show featuring puppets, live music, and lots of songs about our animal friends from the farm, the jungle, and the deep blue sea.

Activity Code: 2441.084



## Aquatics

### Senior Swim Time

Seniors can visit the pool for a reduced rate of \$2 all day on Tuesdays.

### Water Workout

Our Water Exercise program offers 25 hours a week of water exercise classes, 6 days a week, morning and evenings. There are a variety of classes and times to allow you to fit exercise into your busy schedule.

### Interested in a Learn-to-Swim Class?

Mini Sessions start in mid-November. Call 703-787-7300 for availability.

**Come and play with the floating submarine or slide on weekends from 1-4pm!**

### Lifeguarding Training Class

Ages 15 years & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 500-yard continuous swim consisting of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water and returning 20 yards with the brick swimming on back using legs only. *Students must attend all class sessions to pass this course!*



#### 1, 2 hour session, plus 6, 8 hour sessions

Class	Day	Time	TOH/NR
2051.101			\$180/\$225
<b>December 23-Pretest</b>			
	Sa	2-4pm	
<b>December 26-December 31</b>			
	T-Su	9am-5pm	

## Special Interest

### Do you love to cook but want to improve your skills?

Try one of our many cooking classes in the larger and newly renovated kitchen. We offer cooking classes for all ages. To learn more visit [www.herndon-va.gov/recreation.html](http://www.herndon-va.gov/recreation.html) and click on 2006 Fall Program Brochure.

### YOUTH COOKING

#### Learn to Love Legumes

Ages 6-11

Learn to make a quick and delicious hummus and lentil salad.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>October 16</b>			
2120.019	M	4-5pm	\$15/\$15

#### Book and Cook – Ages 5-7

Cloudy with a chance of Meatballs. Hear a fun story and make yummy chicken meatballs.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>October 23</b>			
2120.020	M	4-5pm	\$15/\$15

#### Halloween Cookie Decorating – Ages 5-10

Decorate cookies and make an edible Halloween treat.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>October 30</b>			
2120.021	M	4-5pm	\$15/\$15

#### Learn to Make Dinner – Ages 10-14

In the first class, learn to make an Italian dinner of chicken parmesan with Herby Cheesy Garlic Bread.

In the second class, make homemade macaroni and cheese and turkey tenders.

#### 2, 1 hour sessions

Class	Day	Time	TOH/NR
<b>November 13</b>			
2120.022	M	4-5pm	\$15/\$15
<b>November 20</b>			
2120.023	M	4-5pm	\$15/\$15

### Pet First Aid – Ages 18 & up

First Aid and Lifesaving for pets until professional veterinarian help is obtained. Your pet depends on you for his or her well-being. In addition to providing daily care, love, and affection, your best friend depends on you in an emergency—whether your pet becomes ill or needs help in a disaster. Pet First Aid teaches you emergency-care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Participants may not bring their pets to the class.

#### 1, 3.5 hour session

Class	Day	Time	TOH/NR
<b>October 21</b>			
2650.002	Sa	10am-1:30pm	\$46/\$46
<b>November 11</b>			
2650.003	Sa	10am-1:30pm	\$46/\$46
<b>December 16</b>			
2650.004	Sa	10am-1:30pm	\$46/\$46

## Holiday Events

### SPOOKTACULAR

Ages 2-10

It's a spooky Friday night in honor of Halloween! Bring your little goblins or princesses to hang out with us at the Community Center in a SPOOKTACULAR costume for some great Halloween fun. Each participant will receive a Halloween treat bag, slice of pizza, chips, a drink, plus have the opportunity to go on a spooky walk, parade in costume, create crafts, and enjoy some spooky entertainment. **PARENTS MUST ACCOMPANY CHILDREN AT EVENT.**

#### October 20

2520.501 F 6:30-8:30pm  
\$5/child—in advance; \$7/child—at the event

## SANTA'S WORKSHOP

Ages 3 & up

Bring your child to enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, holiday tattoos, games, and lunch. Parent participation encouraged.

Registration deadline—  
Monday, December 11

**Herndon Community Center**  
**Saturday, December 16**  
**11am-1pm**

**Fee: \$7 per child**  
**\$3 per adult if eating lunch**  
**2511.001**

## Tennis

**Session 1 of Indoor Tennis Lessons begins early October & Session 2 begins late November.**

**Call 703.787.7300 for availability.**

### MEN'S DOUBLES TOURNAMENT

**November 24-26**

Round-Robin Format

Entry deadline November 20  
Play begins Friday am, November 24

Call 703-435-6800 x 2114  
2751.401 \$25 per player

## Nature



### Flashlight Hike

Families, all ages

Hike through Runnymede Park with only a flashlight to guide your way. It will be an illuminated adventure in the woods at Runnymede Park as Luna guides our way. Meet at Runnymede Park.

**1, 1.5 hour session**

Class	Day	Time	TOH/NR
<b>October 21</b>			
2361.004	Sa	7-8:30pm	\$5 per family

### Native American Craft Dream Catcher – Ages 10 & up

Native Americans use legends and stories to promote powerful messages. Discover the meaning behind this powerful legend as we learn to weave a Native American Dream Catcher. This activity is better suited for older children and adults. All supplies will be provided. **Meet at Herndon Community Center.**

**1, 1.5 hour session**

Class	Day	Time	TOH/NR
<b>November 17</b>			
2361.006	F	6-7:30pm	\$8 per family

## TEEN SCENE

It's back to school and homework, but that doesn't mean there's no fun to be had. The HCC Teen Room is dedicated to middle school students every weekday afternoon from 2:30 – 6 pm.

Featuring computers, a wide screen TV, stereo system; access includes open gym time, use of the game room, and special events and activities scheduled each week. Teen Club Membership - \$15.



### SIX FLAGS FRIGHT FEST!

**Ages 12-15**

TEENS! Come celebrate Halloween at Six Flags as they transform the park into the biggest Fright Fest you have ever seen! As the day gets dark, the park lights up! Trip includes transportation by 15-passenger van, driver/escort, and park ticket.

\*Chaperones are welcome (must pay admission).

**Saturday, October 28**

**12-10pm**

**Fee: \$47**

**2830.601**

## Trips



### ATLANTIC CITY – Ages 21 & up

It's a Herndon tradition! Don't miss our bi-annual trip to Atlantic City, NJ. It could be your lucky day to win big! Play the slots, or stroll the boardwalk for some shopping. The trip includes motor coach transportation, driver, escort, six-hour stay at the casino, and a \$20 cash rebate from the hotel. **NO REFUNDS AFTER SEPTEMBER 25.**

Depart/Return: Pick up Kendrick Court Senior Apartments at 6:45am, Herndon Community Center 7:15am, Herndon Senior Center 7:45am, and dropping off in the same order.

**October 9**

2840.101	M	6:45am–10pm	\$42
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### PUMPKINVILLE – All Ages

TRAVELING TOTS! Parents bring your children to a farm where PUMPKINVILLE has come to life! Enjoy hayrides, the petting zoo, a 3-acre farm, play area, and all the cider you can drink. This is a great trip for the entire family. Trip includes transportation by 15-passenger van (bring your car seats), drivers, unlimited hayrides, animal park, cider, apples, and a pumpkin to take home from the pumpkin patch. Please arrive 15 minutes early if you have a car seat to install. \*Call 703-436-6800 x2109 if planning to meet the group at the park. **NO REFUNDS AFTER SEPTEMBER 23.** Depart/Return: Herndon Community Center

**October 17**

2810.501	T	9am–12noon	\$9/Ages 3 & up
2810.502	T	9am–12noon	\$4/Ages 2 or Walking

### STRASBURG RAILROAD TRAIN EXCURSION –

Enjoy a 45-minute ride aboard an historic coal-burning steam train through some of the most picturesque farmland of Pennsylvania Dutch Country. The Strasburg Rail Road continues to intrigue and educate people about steam trains and the important role they played in defining America. Then, discover a world-class collection of over 100 historic locomotives and railroad cars, as well as captivating personal stories of Pennsylvania's rich railroad heritage at the Railroad Museum of Pennsylvania. Trip includes transportation by motor coach, group leader, train ride and museum admission. Bring your lunch, or buy lunch at the station. Children under 3 are FREE. **NO REFUNDS AFTER OCTOBER 1.**

Depart/Return: Herndon Community Center; pick up from Harbor House or Kendrick Court upon request.

**October 14**

**Ages 12 & up**

2860.601	Sa	6:45am–6:30pm	\$52
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**Ages 3-11**

2860.602	Sa	6:45am–6:30pm	\$46
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## CHRISTMAS IN NEW YORK CITY

**December 8-10**

Enjoy three days and two nights in the Big Apple. Spaces still available. Call **703.787.7300** for pricing.

## Seniors

### SENIOR CINEMA

You're invited to the Herndon Community Center for light refreshments and a movie—ALL FREE on the 1st and 3rd Wednesday of every month (unless specified otherwise). This is a great way to see friends and to make new ones! Enjoy a feature film, new release or classic. All movies are rated PG or PG-13. To find out what's playing or to be placed on our mailing list, please call **703-787-7300**. Show begins at **10am**.

**Ages 55 & up**

10/4	Pride & Prejudice (2005)
10/18	Flight Plan
11/1	Red Eye
11/15	Brothers Grim
12/6	Mr. & Mrs. Smith
12/20	Christmas with the Kranks

### SENIOR ADULT THANKSGIVING LUNCHEON

**– Ages 55 & up**

Join us at the 3rd Annual Thanksgiving Lunch hosted by the Town of Herndon Parks & Recreation Department. Enjoy turkey and all the trimmings, entertainment, door prizes, a goody bag and more! Please bring a canned good to donate to a local charity. Volunteers are welcome. Registration required in advance. Pick up from Kendrick Court and Herndon Harbor House upon request.

**November 21** 2551.201 T 11am–1pm  
\$5/person+1 canned good







Town of Herndon Parks and Recreation Department  
P.O. Box 427, Herndon, VA 20172

703-787-7300  
www.herndon-va.gov

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**PAID**

Herndon, VA  
Permit No. 280

*"Promoting a sense of community and  
enriching the quality of life."*

## Towne Square Singers

### *"Spirit of the Season – When Christmas Comes to Town!"*

Friday, December 1, 7:30pm

2441.087

Saturday, December 2, 7:30pm

2441.088

Sunday, December 3, 2pm

2441.089

All performances held at the  
Industrial Strength Theatre,  
269 Sunset Park Drive, Herndon.

Tickets are available at the Herndon  
Community Center or by calling  
703-787-7300.

Tickets: \$10



## Cultural Arts Series

### A Celtic Celebration for the Holidays featuring Maggie Sansone



Join us for a magical  
evening of enchant-  
ing Celtic Music.  
Share in the festive  
sounds of the  
seasons-holiday  
favorites with tradi-  
tional carols from  
ancient Celtic lands.

Maggie is joined by Lisa Moscatiello,  
a Wammie award winner for artist of  
the year and contemporary folk female  
vocalist, Rosie Shipley on fiddle, also  
featuring Celtic flute and harp.

Saturday, December 9, 2006  
8-9pm

Industrial Strength Theatre,  
269 Sunset Park Drive, Herndon

Tickets:

Adults \$9-Advance/\$10-Door

Children 12 & Under:

\$7-Advance/\$8-Door

Activity Code: 2441.081



## ECRWSS Residential Customer

## 28th Annual Herndon Holiday Arts & Crafts Show

Sunday, December 3, 2006 • 10am-4pm

The Herndon Community Center will host over 100 arts and craft vendors offering  
unique gifts, holiday decorations, and handmade items. New layout and new vendors!

Free  
Admission &  
Parking!



Herndon Community Center  
814 Ferndale Ave.  
Herndon, VA

Refreshments available. Please no baby strollers.

Sponsored by The Herndon Parks and Recreation Department • 703-787-7300

